



The [Office of Personnel Management \(OPM\)](#) oversees federal employment and retirement, life and health insurance, and survivor benefits.

The [Office of Workers' Compensation Programs \(OWCP\)](#) administers four major disability compensation programs which provide wage replacement benefits, medical treatment, vocational rehabilitation, and other benefits to federal workers or their dependents who are injured at work or acquire an occupational disease.

Members of Congress are prohibited by law from involvement in personnel decisions, but inquiries in the interest of ensuring that proper procedures have been followed in the resolution of disputes is permitted. If you are having a specific problem with a federal agency and need assistance, information on how to open a case file can be found on my [Casework Resolution](#) web page.

I hope the following resources are helpful to you in your search. If you have further questions, please don't hesitate to contact my office.

Resources on this Page

[Employment and Benefits](#)

[Workers' Compensation Programs](#)

[Federal Retirees](#)

Employment and Benefits

[One-Stop Source for Federal Jobs and Employment Information](#)

[Federal Employees Information Resource](#)

[Insurance Programs](#)

[Insurance Programs Frequently Asked Questions](#)

[Information on Federal Pay and Leave](#)

[Pay and Leave Frequently Asked Questions](#)

[Family and Medical Leave](#)

[Veterans Guide](#)

[Survivor Benefits](#)

[Forms](#)

Workers' Compensation Programs

[Office of Workers' Compensation \(OWCP\)](#)

[FAQs about the Federal Employees' Compensation Act](#)

Federal Retirees

[Retirement Services](#)

[Services Online](#)

[Thrift Savings Plan](#)

[Retirement Frequently Asked Questions](#)

[Retirement and Insurance Forms](#)

[Social Security Information for Government Employees](#)